

Mon	Tue	Wed	Thu	Fri	Sat
9:45 - 10:45 Transformations Lisa		10:00 - 11:00 Pilates Cheryl			9:00 - 10:00 Pilates Cheryl
11:15 - 12:15 Beginner Yoga Sherry	12:00 - 1:00 Level 1 Yoga Valerie			11:15 - 12:15 Beginner Yoga Sherry	10:30 - 11:30 Level 1-2 Yoga Cheryl
			5:00 - 6:00 Power Yoga Valerie		
6:15 - 7:15 Power Yoga Cheryl	6:15 - 7:15 Pilates Valerie	6:15 - 7:15 Yoga - All Levels Melanie	6:15 - 7:15 Pilates Valerie		
7:30 - 8:30 Transformations Lisa	7:30 - 8:30 Beginner Yoga Helen	7:30 - 8:30 Prenatal Yoga Lisa	7:30 - 8:30 Transformations Lisa		

See web site for additional information

Unlimited Annual StudioPass
\$699 – Ask for Details

Unlimited Monthly
StudioPass
\$75 – Ask for Details

Monthly StudioPass
Valid for any 12 Classes in a
30-Day period - \$99
\$8.25 each

Open Class StudioPass
Valid for 4-Months from
Date of Purchase:

- 8 Classes - \$100 - \$12.50 ea
- 20 Classes - \$200 - \$10 ea
- 32 Classes - \$275 - \$8.60 ea

4-Month ClassPass - \$64
Use for up to 8 of any
Specific Class/Timeslot
\$8 each

Drop-in Rate - \$15

Studio Classes

Yoga

- Beginner Yoga
- Yoga – All Levels
- Level 1 – 2 Yoga
- Power / Vinyasa Yoga
- Prenatal Yoga
- Transformations - Yoga for Strength

Pilates

Private & Semi Private Instruction

Spa Services

Massage

- Thai Yoga
- Deep/Sports
- Prenatal
- Couples
- Shiatsu
- Swedish
- Hot Stone
- Ayurvedic

Reflexology

Facials & Waxing

Spa Foot Treatments

Energy Therapies

Intuitive Services

EFT

Private Parties

November 2007 Yoga Schedule



A Holistic Yoga Spa
Committed To Providing
Services That Are ...
all about you!

23 Village Inn Road

Westminster, MA 01473

At Exit 27 - Off Route 2

978-874-6200

www.ALLaboutYOUolutions.com